

Vehicle shipping changed

New procedures for processing vehicles for shipping have been instituted by the 1320th Medium Port Command. People must make an appointment prior to shipping. Vehicle information and orders must be sent to the personal vehicle compound one week before the appointment. For more information, call Ext. 1849 or (01473) 242133.

1997 DOD job fair slated

People who are within 180 days of retirement or separation are eligible to participate in the 1997 Department of Defense Job Fair June 19 - 20 in Kaiserslautern, Germany.

Military members and their spouses are authorized up to seven days permissive temporary tour of duty to attend DOD events such as this. Deadline to sign up is April 25. Transportation and lodging information is available at the RAF Mildenhall family support center. For details, call 89-3406.

Kindergarten registration begins

Early registration for kindergarten students for the 1997-1998 school year is at the RAF Lakenheath Elementary School between 9 a.m. - 2:30 p.m. May 15 in Bldg. 50, Room 106.

To be eligible for kindergarten, children must be 5 years old on or before Oct. 31. Parents should bring a copy for sponsor's orders, child's birth certificate or passport, child's Social Security number and a DOD certificate of immunization. Registration packages may be picked up from the school to complete paperwork at home. For more information, call Ext. 3721.

Re-registration for school begins

Re-registration for students currently enrolled at the RAF Lakenheath Elementary School is May 12 - 14.

Students bring home registration packages May 2. Instruction will be included with the forms, according to school officials. For more information, call Ext. 3721.

EIC rifle match slated for May 3

An elementary level Excellence in Competition rifle match is May 3 at the combat arms training center at RAF Feltwell.

The competition is open to all U.S. active-duty, National Guard and Reserve members who have not earned credits toward the Distinguished Rifle Shot Badge. Registration is ongoing. For details, call Ext. 7099 or 7026.

DOD announces Operation Be Fit

WASHINGTON (AFNS) - The Defense Department is starting a new program to improve the physical fitness of its people.

Operation Be Fit will serve as a blueprint to foster a renewed emphasis on the physical fitness of the entire military community, said Fred Pang, assistant secretary of defense for force management policy. It will also let the Department of Defense set the standard and assume national leadership in comprehensive

physical fitness programs and activities.

The operation will focus on improving and expanding programs in fitness and sports, plus recreation activities involving physical activity. DOD also will take steps to encourage all members of the military community to participate in the programs.

This initiative will build on programs already within each of the services by combining expertise within the department. It will add DOD emphasis and endorsement to these efforts.

Besides military readiness, Pang's memorandum cites the findings of the July 1996 U.S. Surgeon General's Report on Physical Activity and Health as an important reason to undertake this physical fitness.

The report found that regular physical activity is associated with a decreased incidence of disease, substantially improved overall physical and mental health and an improved quality of life.

In December, DOD sponsored a fitness forum that included senior representatives from the military departments and the Joint Chiefs of Staff, the Office of the Assistant Secretary of Defense for Health Affairs, the President's Council on Physical Fitness and Sports and other agencies.

DOD expects to begin rolling out the completed standards and actions associated with this initiative this fall.

Assignment choices expand

RANDOLPH AFB, Texas (AFNS) - Increasingly, the approximately 14,000 enlisted Air Force members being sent on unaccompanied overseas short tours are returning to locations they chose under the service's enhanced follow-on/homebasing program.

"A combination of things has led to the high-match rate," said MSgt. Terry Pringle, of the center's enlisted assignment issues and procedures section. "The members of the airman assignment division have made a concentrated effort to ensure everyone going on an unaccompanied short tour has an opportunity to participate in the program."

Pringle says people are being more realistic with their preferences by providing locations where their grade and specialty are authorized, and in more sufficient numbers than in the past.

In October, the Air Force removed some major entitlement restrictions involving family relocation and vehicle shipments that discouraged many from participating in the follow-on/homebasing program. Enlisted program enhancements also allow members to request up to eight specific locations in the continental United States along with additional consideration for entire states, regions and locales. Members may also request specific overseas bases vs. being required to apply for a country.

For more information on participating in the program, contact the military personnel flight customer service section at Ext. 1845.

Liberty Warrior

"Can do" person of the week



Photo by SrA. Sarah Franco

SSgt. Michael Garland

*372nd Training Squadron,
Detachment 16*

Hometown: St. Amant, La.

Time in service: 10 years.

Time on station: 14 months.

Role in mission: I am an F-15 avionics instructor. I provide qualification training to avionics technicians within USAFE.

Hobbies: Fishing, woodworking and computers.

Where do you see yourself in 10 years? With a masters degree, about to retire from the Air Force and ready to begin a new career.

What do you like most about Britain? It gave me the chance to "step back in time."

What would you do to make things better at RAF Lakenheath? Improve Army and Air Force Exchange Service ability to special-order items for customers.

What is your greatest achievement? Obtaining my bachelors degree.

Why did you join the Air Force? For job stability and educational benefits.

What do you like best about the Air Force? The opportunity to see different countries and experience other cultures.